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MILWAUKEE COUNTY EMS PRACTICAL SKILL VAL SALVA MANEUVER

Approved by:	Ronald Pirrallo, MD, MHSA
Signature:	
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Purpose:		Indications:		
To terminate supraventricula	r tachyarrhythmia	Supraventricular tachyarrhythmia		
Advantages:	Disadvantages:	Complications:	Contraindications:	
Slows the heart to allow for adequate refill time and greater cardiac output	None	Ectopic beats	Patient unable to follow instructions Patient is hemodynamically unstable	

Confirm ECG shows narrow complex tachycardia with rate >180/minute

Instruct patient to take a deep breath and hold it

Instruct patient to tighten all abdominal muscles as much as possible in a manner like having a bowel movement

Monitor patient carefully for ECG changes

Instruct patient to terminate immediately when heart rate slows or if ectopic beats appear

NOTES:

- The patient must be monitored during the procedure and the effort terminated immediately when the heart slows or if ectopic beats appear.
- The val salva maneuver is the only sanctioned vagal maneuver within the Milwaukee County EMS system.
- Patient's with unstable supraventricular tachycardias (patients who show signs of compromised cardiac output) should be treated with medication or synchronized cardioversion.